



NashVitality Mobile App Toolkit

The NashVitality app is a free mobile guide to being healthy, active and green in Nashville. As a Walk 100 participant, you can track your miles using your smartphone! To make participating in the challenge even easier, download the free NashVitality mobile app on your smartphone then track and log your walking right on your phone. Just select “Record a Workout” from the app’s home screen to get started or follow these easy steps:

Step 1: Create a personal profile.

If you haven’t already done so, create a personal profile by visiting <http://walk100miles.com>. From the homepage, click the “Register Now” Button then complete the online registration form.

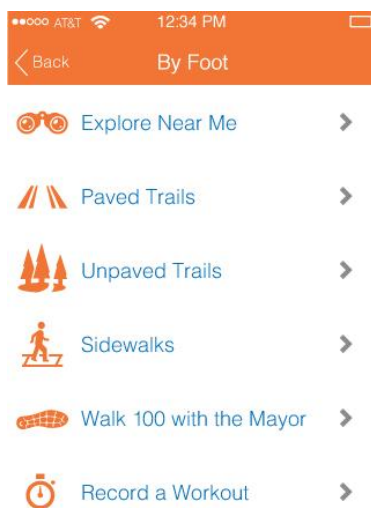
The image shows a mobile app interface for registration. On the left, there is a yellow button with the text "Register now". To the right, a smartphone screen displays the registration form. The phone's status bar at the top shows "AT&T", signal strength, time "7:33 PM", and battery level. The browser address bar shows "nashvitality.fivi.com". The form title is "Register a new account - NashVitality". Below the title is the NashVitality logo, which includes the text "OFFICE OF THE MAYOR WALK 100 MILES WITH NASHVILLE" and the Tennessee state logo. The form contains four input fields, each with a red asterisk indicating a required field: "First Name", "Last Name", "Display Name", and "Email Address".

Step: 2 Download free NashVitality Mobile app to your smartphone from the [iTunes Store](#) or [Google Play](#)



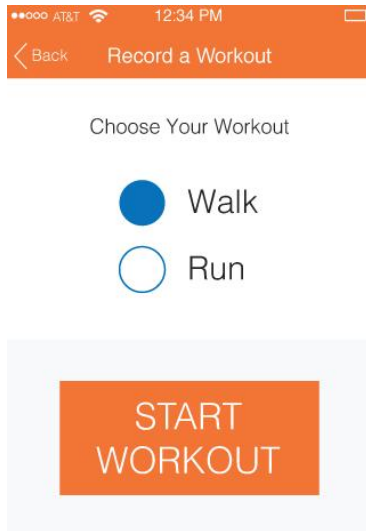
Step 3: Record a workout

From the home screen, either select “Record A Workout” or click “Walk/Run” then select “Walk 100 with the Mayor” to learn more about the campaign. When you’re ready to track your walking or running activities, return to the “By Foot” screen and select “Record a Workout.”



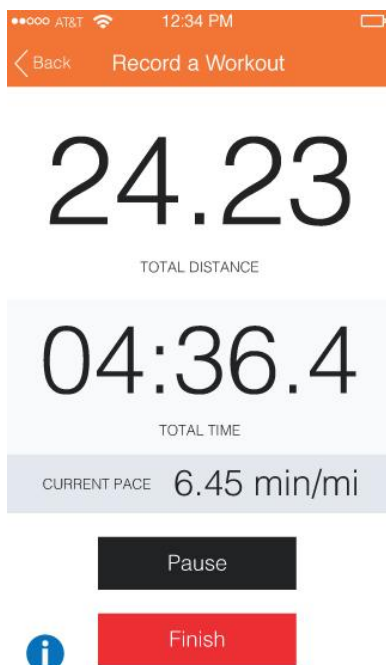
Step 4: Start your workout

Click your activity then “Start Workout”.



Step 5: Track your workout

Begin recording your workout. Click “Pause” when you are taking a break and then “Finish” when you have completed your workout.



Step 6: Submit your workout

Confirm and submit the workout to your personal profile on the Walk 100 Miles website by clicking “Log Your Workout”. If you wish, you may edit your distance or time manually.

Record a Workout

Workout Summary

☒ Walk ☐ Run

TOTAL DISTANCE	24.23	MILES
TOTAL TIME	1:36:43	MINUTES
AVERAGE PACE	7:43	MIN/MILE

Edit Data

Log Your Workout

i

Step 7: Confirm workout is posted to your profile.

If this is your first time logging in, the app will then ask you to enter your e-mail address and Walk 100 Miles website password. Click “Remember Me” to stay logged in for up to 30 days:

Back Fivi

NashVitality

OFFICE OF THE MAYOR

WALK 100 MILES

WITH NASHVILLE

Email Address

Password

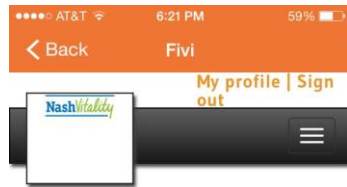
☐ Remember Me

Sign In

[Forgot your password?](#)

[Create a Profile](#)

Once you've logged in, or, if you were already logged in, the walk100miles.com website will confirm your workout. Click the "My Stats" to view your personal logs and "Group Stats" for the combined logs of all group members. Note it will take up to 30 minutes for the My Stats/Group Stats to update your most recent workout record.



You successfully logged your activity

Walking

1.00	00:30:00
Miles	Total Time
30:00	83
Min/Mile	Calories

From the confirmation screen, you can check your profile on the <http://walk100miles.com> website and view the history of your Walk 100 Mile activities. Alternatively, you can go back to the NashVitality Mobile App home screen and record another workout!

Other NashVitality App Features

Other features of the app include interactive maps for all types of activities including walking, hiking, biking, water access, and much more. Every section of the app has the "Explore Near Me" option which when clicked will display all category results in your immediate vicinity.

Questions

If you need further instructions, click the information button "i" on the app.

Email walk100miles@nashville.gov